Totally Involved!

Totally involved? – how?

We use the tools we have – our personalities and our learning styles. In *Communication, Learning and yoU* ™, training is offered in both <u>learning styles</u> and in <u>personality styles</u>. This provides a powerful synergistic combination of tools that help you understand yourself and others on your team. If you understand why you react to certain situations the way that you do and also understand how you learn most effectively, you have the keys to dealing with any situation. Once you have learned so much about yourself, you can use this knowledge to help you to understand and to communicate with others - this can define how we become involved.

We may be outgoing or reserved. We may be people-oriented or task-oriented.
The journey through the discovery of our personality and the blends in our personality will define how we get involved and why we interact the way we do with the task and with other people. Understanding our learning styles also helps us understand our own involvement more, plus understanding others' learning styles will help facilitate communication and ease professional and personal relationships.

We are all special and worth and effort and energy it takes to understand. When we understand ourselves we can begin to understand others. We are all different and the diversity creates energy and power. It can be used to an advantage! We are all capable of growth and change – it is an exciting journey to know that we can experience life to the fullest.

The *DISC* model of human behaviour is a theory devised by Dr. William Marston, a Columbia University psychologist during the 1920s and 30s. Marston identified four major patterns of behaviour that are present in everyone.

CLU™ partners, Gunars and Frances Balodis admire and respect the detailed research of Personality Insights by Dr Robert Rhom. It is well founded and insightful. In presentations and workshops, Gunars Balodis leads people to an understanding of their personality preferences and how this effects communication. He helps people avoid personality profile clashes, through helping people understand how to relate to and understand their own and others' personality blends.

Understanding learning styles is an area of passion for Frances Balodis. Our actions and interactions may be so automatic to us that we don't think about them, or how we could make them better. We could enhance our learning be augmenting our main learning style and reinforcing our secondary learning avenues. Frances helps people to take a journey through their learning styles and the learning styles of others.

Everyone wants to enhance their involvement! They want to see more, hear more, feel more, think more…through working with people or building their own set of tasks, through working together or quietly planning their own path. Nothing is right or wrong. It is what it is – remembering the more we understand the better we can understand ourselves and others.

Grow your life today, the *Communication, Learning and yoU* (*CLU*) way. "Get some clues" by coming to a presentation or workshop offered in your area, or download some information from the *CLU* website.